



**FEEL  
GREAT  
FRANKLIN!**

**Parks  
Make  
Life  
Better!®**

**FRANKLIN PARKS & RECREATION**

396 Branigin Blvd.  
Franklin, Indiana 36131  
[www.franklinparks.org](http://www.franklinparks.org)

Franklin Parks & Recreation is partnering with Johnson Memorial Health (Weight Loss & Wellness Center and Partnership for a Healthier Johnson County) and Johnson County Purdue Extension Office to create the Feel Great Franklin campaign. Our goal is to bring healthy activities and programs together in one easy-to-use guide to tackle the serious health crisis affecting adults and youth alike. Poor nutrition, sedentary lifestyles and unhealthy habits have turned into rising obesity rates and rising health care costs throughout the country. From fitness classes and healthy cooking options to dining with diabetes and walking your first 5K, we plan to continually bring Feel Great Franklin options to you! Franklin Parks & Recreation and our partners plan to lead the community to improved health & wellness through these exciting programs available right here in the Franklin community! So pick an activity, get involved and get ready for a happier, healthier you!

- 7

Percentage of U.S. children aged 6-11 years who were obese in 1980.
- 20

Percentage of U.S. children aged 6-11 years who were obese in 2008.
- 5

Percentage of U.S. adolescents aged 12-19 who were obese in 1980.
- 18

Percentage of U.S. adolescents who were obese in 2008 (CDC).
- 60

Minutes of daily physical activity recommended by the U.S. Department of Health and Human Services for young people aged 6-17.
- 7.5

Hours a day the average child aged 8-18 spends on entertainment media. Due to media multitasking and using multiple forms of media simultaneously, children actually pack in nearly 11 hours of media use daily (Kaiser Family Foundation).
- 31

Percent of U.S. children who played outside daily in 2004.
- 70

Percent of children who played outside daily one generation ago (Clements).

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# RECREATION & FITNESS CENTER

The Cultural Arts & Recreation Center at 396 Branigin Boulevard offers 30,000 square feet of space for programs and activities offered by our department. The Mountain Dew Climbing Wall will challenge young and old alike. Our Fitness Center is available for those who want a challenging workout and is ideal for anyone wanting to tone up and gain strength. The walking/running track is also available for improving your cardiovascular fitness. The Recreation Center offers space for dance/theater, creative arts, preschool programs, exercise, and conditioning. Locker rooms with shower facilities are available. Facility membership cards or a daily fee are required for the use of the Recreation Center.

## FITNESS CENTER

We have a variety of cardiovascular equipment including a Stair Climber, punching bag, Pro-Power weight lifting equipment, treadmills, and free weights in our recently renovated Fitness Center. You must be at least 14 years of age to qualify for a fitness center membership. Individuals under 18 must have a consent form signed by a parent/guardian. Membership is valid for one year from date of purchase. A valid facility membership is required to purchase a fitness center membership. Fitness Center orientations are available.

## GET FIT WITH A PERSONAL TRAINER

Our friendly staff of personal trainers will be glad to assist you in creating a workout just right for you! Personal trainers are also a great way to stay motivated in your workout routine. Please stop by the Franklin Parks & Recreation front office to schedule a personal training session. **COST: \$25/hr**

## HOURS OF OPERATION

Mon-Thurs 5:30am-11:00pm\*  
Friday 5:30am-7:00pm  
Saturday 8:00am-5:00pm  
Sunday 12:00pm-5:00pm  
**\*April-November closing time is 8pm**

## ANNUAL FACILITY MEMBERSHIP FEES

Individual Membership	\$30/yr
Family Membership (up to 4)	\$75/yr
Family Additional	\$25
Daily Guest Fee	\$3/day
Replacement Card	\$5

## FITNESS CENTER MEMBERSHIP FEES

*A valid facility membership is required to purchase a fitness center membership.*

Individual Membership	\$75/yr
Daily Guest Fee	\$5/day

*The Cultural Arts and Recreation Center is a Safe Place site.*





# FITNESS PROGRAMS

## WELLNESS-BUILDING A HEALTHIER COMMUNITY

Franklin Parks & Recreation joins forces with Johnson Memorial Occupational Health and Immediate Care Center to provide a wellness initiative for community residents. Each participant will have their blood pressure taken and blood drawn to access Total Cholesterol, HDL, LDL, Triglycerides and Glucose. For the most accurate results, each participant must fast at least 12 hours prior to testing. Appointments are scheduled between 8:15am–9:00am on Wed., April 13, Fri., April 15, Wed., July 20, and Fri., July 22. Wellness screenings are now done at the Johnson Memorial Occupational Health and Immediate Care Center at 2085 Acorn Road in Franklin for \$30.

## NEW! BODY BLADE

Body Blade class is something different every day. We will do a mixture of exercises such as Zumba, cardio kickboxing, core fusion, step, kettlebell AMPD and Tabata. **Ages: Teens & Adults**

140100-C	\$55	Monday/Wednesday	6/1-7/27 (no class 7/4)	5:00-5:55pm
140100-D	\$60	Monday/Tuesday/Thursday	8/8-10/6 (no class 9/5)	3:30-4:30pm
140100-E	\$55	Monday/Wednesday	8/8-10/5 (no class 9/5)	5:00-5:55pm

## CYCLE FIT

This Cycle Fit program delivers a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace. Cycling is one of the best activities for improving cardiovascular fitness. **Ages: Teens & Adults**

140101-D	\$40	Monday	6/6-7/25 (no class 7/4)	6:00-6:45pm
140101-E	\$40	Wednesday	6/1-7/27	6:00-6:45pm
140101-F	\$40	Monday	8/8-10/3 (no class 9/5)	6:00-6:45pm
140101-G	\$40	Wednesday	8/10-10/5	6:00-6:45pm
140101-H	\$40	Saturday	8/13-10/8	9:00-9:45am

## GOOD MORNING AEROBICS

Good Morning Aerobics is a mixture of cardio and toning with emphasis on increasing cardio vascular endurance, strength, and toning. **Ages: Teens & Adults**

140102-A	\$50	Tuesday/Thursday/Saturday	6/2-8/1	9:00-10:00am
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## MAT PILATES

The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness, without necessarily building bulk. The mat workout focuses on controlled, graceful movements and core exercises to streamline the muscles by lengthening and strengthening them. The instructors will demonstrate modifications to make this workout appropriate for all levels. **Ages: Teens & Adults**

140103-C	\$60	Tuesday/Thursday	6/2-7/28	8:00-8:55am
140103-D	\$60	Tuesday/Thursday	6/2-7/28	5:00-6:00pm
140103-E	\$60	Tuesday/Thursday	8/9-10/6	8:00-8:55am
140103-F	\$60	Tuesday/Thursday	8/9-10/6	5:00-6:00pm

## PIYO LIVE™

PiYo Live™ is a unique class designed to build strength and gain flexibility. It is a high-intensity, low-impact workout with the very best Pilates and Yoga inspired moves. **Ages: Teens & Adults**

140104-B	\$55	Monday/Wednesday	6/1-7/27 (no class 7/4)	6:00-7:00pm
140104-C	\$55	Monday/Wednesday	8/8-10/5 (no class 9/5)	6:00-7:00pm



## POUND™

POUND™ is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. **Ages: Teens & Adults**

140105-B	\$60	Monday/Thursday	6/2-7/28 (no class 7/4)	7:00-7:45pm
140105-C	\$60	Monday/Thursday	8/8-10/6 (no class 9/5)	7:00-7:45pm

## TAI CHI

Tai Chi (Taiji) is an ancient Chinese art of movement which promotes improved balance, relaxation and coordination. Tai Chi has been reported to lower blood pressure, improve the ability to handle stress, improve digestion and provide many other benefits to health. **Ages: Teens & Adults**

140107-A	\$55	Tuesday	4/19-5/24	7:00-7:50pm
140107-B	\$55	Tuesday	6/7-7/12	7:00-7:50pm
140107-C	\$55	Tuesday	7/26-8/30	7:00-7:50pm

## TOTAL FIT AEROBICS

This class combines cardiovascular training with strength training and stretching in a wide variety of high energy workouts 5 days a week. The instructors will demonstrate modifications to make this workout appropriate for all levels. Some equipment used includes: the step, bosu, bands, free weights, body bars, exercise balls, kettlebells, as well as the participant's own bodily resistance. **Ages: Teens & Adults**

140108-B	\$60	Monday-Thursday/Saturday	5/31-7/30 (no class 7/4)	M-R 6:00pm S 9:30am
140108-C	\$60	Monday-Thursday/Saturday	8/8-10/8 (no class 9/5)	M-R 6:00pm S 9:30am

## YOGA

In Yoga class you will learn to relax and reduce tension while building strength and flexibility through simple stretching and proper breathing. The final relaxation pose which closes this class will leave you feeling calm and refreshed. **Ages: Teens and Adults.**

140109-C	\$50	Thursday	6/2-7/28	4:45-5:45pm
140109-D	\$55	Monday	8/8-10/3 (no class 9/5)	6:30-8:00pm
140109-E	\$50	Thursday	8/11-10/6	4:45-5:45pm

## ZUMBA®

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. **Ages: Teens and Adults.**

140110-B	\$60	Monday/Wednesday/Friday	6/1-7/29 (no class 7/4)	9:00-9:55am
140110-C	\$60	Monday/Wednesday/Friday	8/8-10/7 (no class 9/5)	9:00-9:55am

## ZUMBA TONING®

Zumba Toning class is the addition to Zumba and focus on strength training exercises within the dances, as well as the addition of toning sticks. This class works on circuit training (a few minutes of cardio followed by a few minutes of strength training) which creates a higher calorie burn than strength training alone, offers some cardiovascular exercise and because it is still Zumba. **Ages: Teens and Adults.**

140111-B	\$45	Wednesday	6/1-7/27	7:00-7:55pm
140111-C	\$45	Wednesday	8/10-10/5	7:00-7:55pm

**PAY EARLY & SAVE** Receive a \$10 discount if you pay before the first day of class for ANY fitness class.



# JOHNSON MEMORIAL HOSPITAL WEIGHT LOSS & WELLNESS CENTER PROGRAMS

## CORPORATE WELLNESS PROGRAM

The Weight Loss & Wellness Center at Johnson Memorial Hospital will help you design a plan that offers employees the support they need and provide the most health-conscious work environment possible.

### **HOW IT WORKS** *Employees receive:* Yearly Wellness Screenings

- Online Health Risk Assessment (HRA)
- Lab works
- Body Composition/Blood Pressure

### Follow Up Assessments & Coaching

- Monthly or Quarterly
- Wellness Coaching
- Body Composition/Blood Pressure

### Educational Information

- Presentations by health professionals on health topics identified as high need in response to company assessment and HRA results
- Challenges, developed in coordination with educational presentation

### Reporting

- Aggregate & Individual reports after six months and at years end

## HEALTHY LIFESTYLE CLASS

6-Session Series To Find The Support You Need To Start Living A Healthier Life  
Thursday Evenings from 5:15 - 6:30pm, Cost: \$150

### **Participants will be:**

- Keeping food and activity logs to turn in each week. The logs are reviewed by a registered dietitian and personal written recommendations are given back to you the next week.
- Completing a body composition test done prior to and after the class series.
- Weighed weekly at every class.
- Given a binder to keep education materials for reference after the class series ends.

## WEIGHT LOSS SURGERY SUPPORT GROUP

Support groups are for adults who have had or are interested in having weight loss surgery. You may bring a support person to the meetings. No need to register, just show up!

**Coordinator: Eileen Williams, RN**  
[ewilliams@johnsonmemorial.org](mailto:ewilliams@johnsonmemorial.org)  
**Phone: (317) 346-3866**

**If you need more information contact Amanda Brown, RD at (317) 346-3867.**



# FOOD



## FARMER'S MARKET

MAY 14TH-SEPTEMBER 3RD

[DiscoverDowntownFranklin.com](http://DiscoverDowntownFranklin.com)

The Farmers' Market takes place every Saturday from 8am-12pm on the Southwest corner of Jefferson Street and Jackson Street.



## COMMUNITY GARDEN

SPRING 2016

The Franklin Community Garden will be located at the corner of South Main Street & South Street. You **MUST** pre-register at the Franklin Parks & Recreation front office starting in the spring.

**ONLY 5.3% OF HIGH SCHOOL STUDENTS CONSUMED FRUITS & VEGETABLES 5 OR MORE TIMES PER DAY.**



INTERCHURCH  
**FOOD PANTRY**  
OF JOHNSON COUNTY

The Interchurch Food Pantry of Johnson County is a partnership across churches in the community operated entirely by volunteers. Over 250 volunteers worked at the Pantry in 2015 distributing food, completing intakes, stocking, unloading trucks, working in the warehouse and cleaning.

The Pantry moved to 211 Commerce Drive, Franklin, IN with its first day of serving families in the new location Monday, April 27, 2015. The new facility has more space in order to serve those in need and allows families to select their food off shelves like in a grocery store. (Info found at [pantryjc.org](http://pantryjc.org))





**PURDUE**  
EXTENSION

**LOCAL FACES**  
*COUNTLESS CONNECTIONS*

JOHNSON COUNTY

# PURDUE EXTENSION SERVICE PROGRAMS

## DINING WITH DIABETES

*Diabetic Education & Cooking School*

*Sponsored by Purdue Extension and Local Faces*

May 24, 26, 31, & June 2

6:00 p.m. - 8:00 p.m. at the Purdue Extension Johnson County (484 N. Morton St., Franklin, IN 46131)

Registration due May 16, 2016

This program is targeted to people with type 2 diabetes. It teaches you to create a healthy meal plan that works for you. And, it gives you information and motivation to help you adopt positive lifestyle changes.

- LEARN TO:**
- Cook with Sweeteners
  - Cook with Less Fat & Sodium
  - Cook Dishes with Fruits

*Sign up the Cultural Arts & Recreation Center front office (396 Branigin Blvd).*

## TAKE CHARGE! YOUR FINANCIAL SAFETY IS IN YOUR HANDS!

*Sponsored by Purdue Extension and Local Faces, JC Community Foundation and Johnson County Extension Homemakers*

April 25, 2016

2:00 p.m. - 4:30 p.m. at the Purdue Extension Johnson County (484 N. Morton St., Franklin, IN 46131)

### SPEAKERS

- GREG ZOELLER—Indiana Attorney General "Protecting YOU from Identity Theft & Financial Scams"
- SECRETARY OF STATE OFFICE REPRESENTATIVE "Protecting YOU from Securities Fraud"
- SHEILA HARMON—Greenwood Public Library "Protecting YOU With Internet Safety & Security"
- BARBARA MILLER—Senior Medicare Patrol "Protecting YOU from Medicare Fraud"

Limited Seating, Call 317.736.3724



JOHNSON COUNTY EXTENSION OFFICE  
484 N. MORTON STREET, FRANKLIN, IN 46131  
317-736-3724

## RT2: READ, TASTE, & TOUCH

*A book club for pre-schoolers and their parents.....Read a good book .....Taste nutritious food .....Touch agriculture!*

### CHECK-OUT THE BOOKS THAT ARE FEATURED IN THE UPCOMING RT2 ACTIVITY NEWSLETTERS.

APRIL: *Mrs. Wow Never Wanted a Cow* by Dr. Suess

MAY: *Four Hens and a Rooster* by Lena & Olaf Landström

JUNE: *You are Much Too Small* by Betty D. Boegehold

## WHO CAN PARTICIPATE?

RT2 is open to anyone interested in enhancing their child's learning experience. The books and activities are targeted to children ages 5—7. You will find the monthly book list, which shows each book to be featured in the newsletter, on the back of this brochure.

## WHAT DOES IT COST?

Nothing! Every library in Johnson County has at least one copy of the books on the RT2 reading list. If you wish to own the books, many are also available at local book stores and online. The RT2 Celebration during county fair week is free to both parent and child just for signing up!

## HOW DOES IT WORK?

You will receive a monthly "RT2 Activity Newsletter" that features a new book each month. Then read with your child and work together on the activities. RT2 participants will be notified about special events through the year, including RT2 Celebration Week during the Johnson County Fair. Join the fun!

## WHAT IS THE PURPOSE OF RT2?

The primary purpose of RT2 is to promote reading, good nutrition, and agriculture awareness among preschool and young elementary- aged children. RT2 encourages parents and others to take time out of their busy day to enhance a child's learning experience. Read: Reading a book with a child encourages creative thinking, vocabulary development, and a bond between child and parent. Taste: RT2 focuses on the connections between good nutrition and agriculture. Each book will have a food item discussed. RT2 will provide you with recipes, facts, and other fun things you may do with your child that tie into the book. Touch: Books in the RT2 series will make science fun and touchable by including some sort of agriculture lesson — either plants or animals.

*\*Information found in Purdue Extension's RT2: Read, Taste, & Touch Brochure*

**10.2% OF ADULTS 18 & OLDER HAS  
MEDICALLY DIAGNOSED DIABETES.**



# PARTNERSHIP FOR A HEALTHIER JOHNSON COUNTY

Partnership's Mission...to plan and implement collaborative, measurable strategies to improve the health of the residents of Johnson County.

Improving population health through community-wide partnerships is an effective way to prioritize health needs and streamline resources where they are needed most. Since 1994, Partnership's network of hospitals, organizations and individuals have worked together through action teams to improve population health.

Partnership is generously supported by Johnson Memorial Health, Franciscan St. Francis Health, and Community Health Network...all working together for Johnson County's most important asset...our health!

**ONE IN FIVE 21.2%  
ADULTS 18 OR OLDER ARE  
CURRENT SMOKERS.**





# JOHNSON COUNTY BEHAVIORAL HEALTH RESOURCES & LOCAL SUPPORT GROUP INFO

**Abuse Counseling and Education, Inc.**  
[www.abuseeducation.org](http://www.abuseeducation.org)  
(317) 859-9555

**Alcoholics Anonymous**  
Indianapolis Intergroup: (317) 632-7864  
Oficina Intergupal Hispana: (317) 631-5099  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) [www.indyaa.org](http://www.indyaa.org)

**Alcoholics Anonymous for Men or Women,  
Family Alcohol Drug Education Program**  
Tara Treatment Center, Inc.  
6231 South US 31, Franklin, Indiana 46131  
(812) 526-2611  
[www.taratreatmentcenter.org](http://www.taratreatmentcenter.org)

**Bereavement Support**  
St. Francis Hospital  
(317) 865-2092

**Domestic Violence/Sexual Assault Support Groups**  
[www.turningpointdv.org](http://www.turningpointdv.org)  
Turning Point: (317) 736-8666

**Esperanza Ministries, Inc.**  
[www.esperanzanjesus.org](http://www.esperanzanjesus.org)  
(317) 881-4673

**Indy Westside Asperger Marital Support**  
[www.kenosiscenter.com](http://www.kenosiscenter.com)

**Johnson County Autism Support Group**  
(317) 865-1674  
[www.kenosiscenter.com](http://www.kenosiscenter.com)

**Johnson County Helpline**  
[www.uwjc.org/Helpline.html](http://www.uwjc.org/Helpline.html)  
(317) 738-4636

**Kids In Crisis-Intervention Team (KIC-IT)**  
Drop In Center: 41 W. Monroe St., Franklin  
P.O. Box 1111, Franklin, IN 46131  
(317) 412-4973  
[www.kic-it.org](http://www.kic-it.org) [kickit4youth@gmail.com](mailto:kickit4youth@gmail.com)

**Narcotics Anonymous**  
(317) 875-5459  
[www.naindiana.org](http://www.naindiana.org)

**National Alliance on Mental Illness (NAMI)  
Adult and Child Mental Health Center**  
8320 Madison Ave., Indianapolis  
(317) 257-7517  
[www.namiindiana.org](http://www.namiindiana.org) [www.adultandchild.org](http://www.adultandchild.org)

**Reach for Youth**  
(317) 920-5900  
[www.reachforyouth.org](http://www.reachforyouth.org)

**Tobacco Free Johnson County**  
Tobacco Quitline: 1-800-QUITNOW (800-784-8669)  
or [www.quitnowindiana.com](http://www.quitnowindiana.com)  
1125 W. Jefferson St., Suite V, Franklin  
(317) 736-3367

**TRAC (Troubled Relationships with Adult Children)**  
Cathy Campbell: (317) 736-7962

**Turning Point Domestic Violence**  
Hotline: 1-800-221-6311

**Warriors Hope Support Group**  
Warriors Hope building (enter back door)  
430 N. Madison Ave., Suite 2, Greenwood  
(317) 412-2428  
[l.minnix@warriorshope.com](mailto:l.minnix@warriorshope.com)



## Life Savings

Increase both. Quitting a pack a day  
saves your life and \$1,825 a year.



**1.800.QUIT.NOW**  
Indiana's Tobacco Quitline  
[QuitNowIndiana.com](http://QuitNowIndiana.com)

Information found at [www.healthierjc.org](http://www.healthierjc.org)

FEEL GREAT FRANKLIN

# RACES

## *through province park*

### **MONDAY, MAY 30TH: MEMORIAL DAY MILE**

- All participants under age 18 will receive a medal
- Women's/Girls' Race at 9:15am
- Men's/Boys' Race and Family Jog/Walk at 9:45am
- Register at [www.MemorialDayMile.com](http://www.MemorialDayMile.com)

### **SATURDAY, JUNE 18TH: SUMMER SOLSTICE 5K RUN/WALK & 1-MILE FAMILY FUN WALK**

- Contact Info: Jennifer George (317) 346-8644

### **MONDAY, JULY 4TH: SPARKLER SPRINT**



### **SATURDAY, AUGUST 20: CGI EMPOWER 5K & SUPERHERO FUN RUN**

- Register at [www.centerforglobalimpact.org](http://www.centerforglobalimpact.org)
- More info at [www.franklinparks.org](http://www.franklinparks.org)

## **CLEAN COMMUNITY CHALLENGE** **SATURDAY, APRIL 23**

Franklin Parks, 9:00am-12:00pm

Help "spruce" up our parks! If you have a group that would like to volunteer, contact Holly Johnston at 736-3689 or [hjohnston@franklin.in.gov](mailto:hjohnston@franklin.in.gov).

## **NATIONAL NIGHT OUT** **TUESDAY, AUGUST 2**

In Collaboration with Franklin Police Department  
Province Park, 6:00-9:00pm

*"National Night Out Day is observed annually on the first Tuesday in August. It is a community-police awareness-raising event in the United States. National Night Out was created to increase awareness about police programs in communities."*

For more info, go to [www.DiscoverDowntownFranklin.com](http://www.DiscoverDowntownFranklin.com).



## **DIVE-IN MOVIE** **THURSDAY, JULY 28**

Franklin Family Aquatic Center  
7:00-10:30pm

**7:00-9:00pm:** FREE Pool Party  
**9:00pm:** Showing of the movie  
"Pitch Perfect."

*\*Concessions will be available for purchase.*



# ACTIVE ADULT CENTER PROGRAMS

Those 55 and better are invited to join the Franklin Active Adult Center located at 160 E. Adams Street. We offer a variety of activities to enhance physical and mental well-being including exercises, cards, games, brain teasers, nutritional programs, Lunch and Learns, puzzles, and a reading library. In addition, creativity blossoms with our painting, craft, and DIY programs. We plan special monthly tributes such as "Be an Angel Day" and enjoy monthly pitch-ins and birthday parties. Our members love to explore places around Indiana with our "Joy Rides". Some upcoming trips include the Civic and Derby Dinner Theatres, Camp Atterbury, Kopper Kettle, fishing trips, etc. Our members participate and enjoy our raised bed garden with all the delicious vegetables it produces. The center is a good place to make friends and socialize. Johnson County Senior Services (317) 738-4544 provides transportation to our Center. We would love to have you visit us, so stop by and pick up a monthly calendar and check out our center.

## SILVER STEPPERS

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun. **Ages: 55 & up**

140106-B	\$65	M/W/F	6/1-7/29	10-10:55am
140106-C	\$65	M/W/F	8/8-10/7	10-10:55am

## HOURS OF OPERATION

Monday-Friday 9am-3pm

## ANNUAL FACILITY MEMBERSHIP FEES

Individual Membership \$15/yr

## CONTACT INFO

160 E. Adams Street  
PH: (317) 736-3696

## 2016 ACTIVITIES

Bingo (Mon/Wed)  
Crafts (Friday)  
Computer Classes  
Yoga (Tue/Thurs)  
Tai Chi (Tue/Thurs)  
Exercise Class (Mon/Wed/Fri)  
Brain Teasers  
Painting with Kira  
Monthly Movie Matinee  
Dances  
Joyful Noise Singers  
Euchre/Pinochle (Tue/Thurs)

## TRIPS

Booth Tarkington Civic Theatre  
Derby Dinner



# PLAY!



## PLAYGROUNDS

### BLUE HERON PARK

(US 31 & Franklin Lakes Blvd.)

### COMMUNITY PARK

(East King St.)

### PALMER PARK

(West King St.)

### PAYNE PARK

(Corner of Water St. & Adams St.)

### PROVINCE PARK

(Bordering South St., Branigin Blvd., Main St. & Monroe St.)

### ROBERT C. SCHMIDT MEMORIAL PARK

(Corner of Johnson Ave. & Hamilton Ave.)

### SCOTT PARK

(North Younce St.)

### TEMPLE PARK

(14th & Younce St.)



We are happy to announce that the city of Franklin has been named a "2015 Playful City USA"!

"Playful City USA is a national recognition program that honors cities and towns across the country for taking bold steps that make it easy for all kids to get the balanced and active play they need to thrive. These communities are recognized for their efforts to create more playable, family-friendly cities."

- [kaboom.org](http://kaboom.org)



# CPR & AQUATIC FITNESS PROGRAMS

## AQUA ZUMBA®

Known as the Zumba "pool party", Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, and laughing are what to expect during a class. If weather does not permit the summer session to be held outdoors, class will still go on at FCMS. **Ages: Teens & Adults**

141101-A	\$42	Tuesday/Thursday	4/12-5/12	7-8pm	FCMS
141101-B	\$42	Tuesday/Thursday	5/31-6/30	9-10am	Outdoor
141101-C	\$42	Tuesday/Thursday	7/5-8/4	9-10am	Outdoor

## NEW! CHALLENGE CPR

The purpose for this course is to train lay-responders to overcome any reluctance to act in an emergency situation and to recognize and care for life-threatening respiratory and cardiac emergencies with a focus on CPR/AED and choking. You must complete all written tests and skills tests to receive your American Red Cross certificate. You will also get a mini CPR keychain that holds a face shield! **Ages: 14 & up**

146100-D	\$29	Tuesday	5/3	4-8pm
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## NEW! CITIZEN CPR

The purpose for this course is to teach untrained bystanders how to perform HANDS-ONLY CPR. You must be 12 years of age to take this course and need to be able to perform end of course skills. You will not receive a certificate for this course, it is purely informative. **Ages: 12 & up**

146100-B	\$15	Thursday	4/7	5-6pm
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## SWIM LESSONS AVAILABLE

Aquatots (Parent/Tot)  
Group  
One-on-One

*For more information  
about swim lessons,  
call 736-3689 or go to  
franklinparks.org*

## WATER AEROBICS

Get a great workout without all the stress on your joints! Water is between 3 feet and 5 feet deep. No swimming skills are necessary. There is an easy entry stairway for those needing extra help getting in and out of the pool. We have a great instructor! Classes generally meet 2 days per week for 8 weeks and follow the FCMS calendar. **Ages: Teens & Adults**

141106-B	\$48	Monday/Thursday	4/28-6/9	7:30-8:30pm	FCMS
141106-C	\$48	Monday/Thursday	6/20-8/1	7:30-8:30pm	FCMS
141106-D	\$48	Monday/Thursday	8/11-9/22	7:30-8:30pm	FCMS

## LAP SWIMMING

We offer lap swimming throughout the year. Adults only. Cost is \$3 per person, per day. All participants must sign-in with the lifeguard on duty and pay. Swimmers must be willing to share lanes with other swimmers. Monthly schedules may be found online at [www.franklinparks.org](http://www.franklinparks.org) or at the front desk at the Cultural Arts and Recreation Center.

## COMMUNITY SWIM

The whole family will love community swim sessions occurring every Sunday (January 10-May 15, except during Spring Break) from 3-5 p.m. Cost is \$3 per person. All children 12 years and younger must have an adult (18 years or older) accompany them. Non-swimmers must have an adult in the water with them. The lap swim lane will always be available. You must sign-in and pay the lifeguard on duty. Locker rooms/showers will also be available.

NEARLY **30%** OF ADULTS 20 & OLDER REPORTED  
NO LEISURE TIME PHYSICAL ACTIVITY.

**FRANKLIN CULTURAL ARTS & RECREATION CENTER MEMBERSHIP FEES**

**Annual Facility Membership Fees**

Individual Membership	\$30/yr
Family Membership (up to 4)	\$75/yr
Family Additional	\$25

**Fitness Center Membership Fees**

A valid facility membership is required to purchase a fitness center membership.	
Individual Membership	\$75/yr

We have a variety of cardiovascular equipment including a Stair Climber, punching bag, Pro-Power weight lifting equipment, treadmills, and free weights in our recently renovated Fitness Center. You must be at least 14 years of age to qualify for a fitness center membership. Individuals under 18 must have a consent form signed by a parent/guardian. A valid facility membership is required to purchase a fitness center membership.



**WWW.FRANKLINPARKS.ORG**